



Everyday Actions

How to Reduce Ozone

Slight behavior changes or “everyday actions” can make a big difference in improving air quality and avoiding high ozone levels. These everyday actions help remove ozone forming emissions from the air. Here are some recommended everyday actions:

- Decrease on-road vehicles
 - Carpool, use public transportation, bike or walk when possible;
 - Pack your lunch to avoid mid-day trips; and
 - Limit off-site meetings and visits (teleconference or call instead).
- Eliminate idling – turn you vehicle off whenever possible to help stave off ozone as well as save money at the fuel pump. This includes:
 - Railroad crossings;
 - Drive-thru lines at pharmacies, banks and restaurants; and
 - Waiting on passengers you may be picking up.
- Postpone certain activities until the evening
 - Ozone is less likely to form later in the day, as the sun sets;
 - Mow and use other motorized equipment after 6 p.m.;
 - Paint, stain, use solvents, adhesives and inks after 6 p.m.; and
 - Run errands and visit friends after 6 p.m.